

# Eating Disorder Support & Resources

**A guide for anyone affected by eating disorders or eating problems**

Those struggling personally and their parents, families and friends, as well as professionals.



Image: Pexels

**Including coping with an eating disorder during Coronavirus**

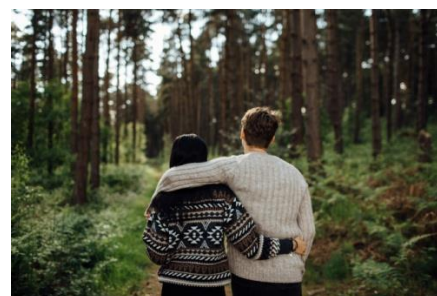
*'Improving care and quality of life  
for people with eating disorders'*

**Eating Disorder Health Integration Team (EDHIT)**

## What are eating disorders / problems?

Eating disorders are complex mental health issues that involve distorted thoughts and behaviours around food, body shape and body weight.

Those with eating disorders can have a variety of symptoms. It can involve severe food restriction, eating large quantities of food at once, getting rid of food eaten through unhealthy patterns of behaviour (i.e. purging, laxative misuse, fasting or over-exercising), or a combination of these behaviours.



Types of eating disorder include:

- Anorexia nervosa
- ARFID (Avoidant/Restrictive Food Intake Disorder)
- Binge eating disorder
- Bulimia nervosa
- OSFED (Other Specified Feeding and Eating Disorders)

Eating disorders can be a way in which food is used to control difficult feelings; often used as a strategy to feel more able to cope and in control of life.

Eating problems involve any relationship with food that is difficult and negatively impacts day-to-day life. Anyone, regardless of age, gender, background or weight, can be affected by eating problems, as well as eating disorders.

## How can this guide help?

This guide is designed to support anyone affected by eating disorders; those struggling personally and their parents, families and friends, as well as professionals.

This guide contains a range of signposting information, advice and guidance from both local and national organisations and charities. Many of the organisations listed contain advice on self-help as well as access to support.

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## Eating Disorder Resource Links

### Adults

Mind - Eating problems

[www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/about-eating-problems](http://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/about-eating-problems)

National Institute for Health and Care Excellence (NICE) guidelines - eating disorders

[www.nice.org.uk/guidance/conditions-and-diseases/mental-health-and-behavioural-conditions/eating-disorders](http://www.nice.org.uk/guidance/conditions-and-diseases/mental-health-and-behavioural-conditions/eating-disorders)

Rethink - Eating disorders

[www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/eating-disorders](http://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/eating-disorders)

National Eating Disorders Association (NEDA) - Identity and eating disorders

[www.nationaleatingdisorders.org/identity-eating-disorders](http://www.nationaleatingdisorders.org/identity-eating-disorders)

Royal College of Psychiatrists - Anorexia and bulimia

[www.rcpsych.ac.uk/mental-health/problems-disorders/anorexia-and-bulimia](http://www.rcpsych.ac.uk/mental-health/problems-disorders/anorexia-and-bulimia)

STEPS, Avon & Wiltshire Mental Health Services (AWP) - Specialist treatment for eating disorders in Bristol, North Somerset, South Gloucestershire, and Bath & North East Somerset [www.awp.nhs.uk/services/specialist/steps](http://www.awp.nhs.uk/services/specialist/steps)



### Young People

Community Children's Health Partnership (CCHP) - Advice: eating disorders

<https://cchp.nhs.uk/cchp/explore-cchp/eating-disorders>

Kooth - Online mental wellbeing community for children and young people

[www.kooth.com](http://www.kooth.com)

Off The Record - Body image

[www.otrbristol.org.uk/whats-going-on-for-you/body-image/](http://www.otrbristol.org.uk/whats-going-on-for-you/body-image/)

Royal College of Psychiatrists - Eating disorders in young people: for parents and carers  
[www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/eating-disorders-in-young-people-for-parents-and-carers](http://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/eating-disorders-in-young-people-for-parents-and-carers)

Royal College of Psychiatrists - Worries about weight and eating problems: information for young people  
[www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/worries-about-weight-and-eating](http://www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/worries-about-weight-and-eating)

YoungMinds booklet - A guide for young people 'eating problems'  
[www.youngminds.org.uk/young-person/my-feelings/eating-problems](http://www.youngminds.org.uk/young-person/my-feelings/eating-problems)

## Charities & Organisations

### Anorexia & Bulimia Care (ABC)

National UK eating disorders organisation. Provides on-going care, emotional support and practical guidance for anyone affected by eating disorders, those struggling personally and parents, families and friends.



- If you're struggling with an eating disorder or you're worried that you might be, email: [support@anorexiabulimiacare.org.uk](mailto:support@anorexiabulimiacare.org.uk)
- If you're a parent, family member or friend of someone struggling with an eating disorder and you need support and advice, email: [familyandfriends@anorexiabulimiacare.org.uk](mailto:familyandfriends@anorexiabulimiacare.org.uk)
- Online recovery course: 'First Steps to Recovery' - interactive course with guidance and information on what recovery looks like for you. Suitable for both individuals and parents/carers.

**Tel:** 03000 11 12 13 (option 3) Tues-Fri, 9.30am-5.30pm

**ABC Helpline:** 03000 11 12 13 (option 1 or 2)

**Service updates during Coronavirus:** [www.anorexiabulimiacare.org.uk/covid-19](http://www.anorexiabulimiacare.org.uk/covid-19)

**Website:** [www.anorexiabulimiacare.org.uk](http://www.anorexiabulimiacare.org.uk)

### Beat - Beating Eating Disorders

UK's leading charity supporting those affected by eating disorders and campaigning on their behalf - adults, students and under 18s. Information, helplines, details of local support groups.



#### Adult Helpline

**Tel:** 0808 801 0677

**E-mail:** [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

#### Youthline (under 18s)

**Tel:** 0808 801 0711

**E-mail:** [fyp@beateatingdisorders.org.uk](mailto:fyp@beateatingdisorders.org.uk)

#### Studentline (students)

**Tel:** 0808 801 0811

**E-mail:** [studentline@beateatingdisorders.org.uk](mailto:studentline@beateatingdisorders.org.uk)

**Tel:** 0300 123 3355 **Website:** [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

### **The Centre for Clinical Interventions (CCI)**

The CCI is a part of the Department of Health in Western Australia. They provide online resources for a range of psychological difficulties. Their 'Overcoming Disordered Eating' series includes 18 downloadable workbooks based on cognitive behavioural therapy for eating disorders. They also offer brief information sheets on a range of topics to do with eating disorders.

**Website:** [www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Disordered-Eating](http://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Disordered-Eating)

### **Diabetics with Eating Disorders (DWED)**

DWED is the only UK charity that supports and advocates for people that struggle with both type 1 diabetes and any kind of eating disorder. Provides information, resources and support to those suffering, and professionals providing care.

**Website:** [www.dwed.org.uk](http://www.dwed.org.uk)

### **Family Empowered and Supporting Treatment of Eating Disorders (F.E.A.S.T)**

An international organisation of and for parents and caregivers to help loved ones recover from eating disorders by providing information and mutual support, promoting evidence-based treatment, and advocating for research and education to reduce the suffering associated with eating disorders.

**E-mail:** [info@feast-ed.org](mailto:info@feast-ed.org)    **Website:** [www.feast-ed.org](http://www.feast-ed.org)

### **FREED - First Episode Rapid Early Intervention for Eating Disorders (age 16-25)**

The FREED website provides information on eating disorders, the importance of early intervention, and how to seek help. There are resources you can download and stories from young people who have recovered from an eating disorder.

**Website:** [www.freedfromed.co.uk](http://www.freedfromed.co.uk)

### **MaleVoiced - Male voices with eating disorders**

MaleVoiced is a charity which recognises and values the lived experience of males who have experienced, or are experiencing, eating disorders, disordered eating and associated co-morbid conditions.

**Website:** [www.malevoiced.com](http://www.malevoiced.com)

### **National Centre for Eating Disorders (NCFED)**

The National Centre for Eating Disorders provides training for professionals and resources for those struggling with eating disorders.

**Tel:** 0845 838 2040    **Email:** [admin@ncfed.com](mailto:admin@ncfed.com)    **Website:** [www.eating-disorders.org.uk](http://www.eating-disorders.org.uk)

### **NHS Choices**

Explore the sections in the Health A-Z on eating disorders and their treatments, and the Live Well section.

**Website:** [www.nhs.uk](http://www.nhs.uk)

### **Overeaters Anonymous Great Britain**

National support group meetings for those struggling with compulsive overeating. Support based on the AA 12 step recovery approach.

**Email:** [general@oagb.org.uk](mailto:general@oagb.org.uk)    **Website:** [www.oagb.org.uk](http://www.oagb.org.uk)

## Pathway for Eating Disorders & Autism developed from Clinical Experience (PEACE)

PEACE has developed a range of excellent blogs and resources specific to those affected - those with the comorbidity, their carers, and clinicians. PEACE wants people to be seen and for their autism to be acknowledged, understood and supported. They want carers to be recognised for the amazing jobs they are doing and to help support them, and they want clinicians to grow in both knowledge and confidence at supporting this group.

**Website:** [peacepathway.org](http://peacepathway.org)

## Seed Eating Disorders

Eating disorder support service that aims to bridge the gap between professional care and self-help with regard to eating disorder recovery.

**Advice line:** 01482 718130

**Email:** [hello@seedeatingdisorders.co.uk](mailto:hello@seedeatingdisorders.co.uk) **Website:** [www.seedeatingdisorders.org.uk](http://www.seedeatingdisorders.org.uk)

## Somerset & Wessex Eating Disorder Association (SWEDA)

Provides support to anyone affected by eating disorders, including anorexia nervosa, bulimia nervosa, compulsive eating, binge eating disorder and all related conditions. Continuing to support clients by phone or using online services such as Zoom, Skype, FaceTime or WhatsApp.

**Tel:** 01749 343 344 **Email:** [support@swedauk.org](mailto:support@swedauk.org) **Website:** [www.swedauk.org](http://www.swedauk.org)



## Befriending Service

### ABC Befriending Service

One to one on-going recovery support through ABC befriending service; for those 18 years and above. Links people who are struggling with an eating disorder with someone who has recovered. The befriending relationship operates by telephone for 6 months.

#### How to access:

Self-referral, check eligibility criteria online, application form available to download. Must be a support member of ABC throughout the Befriending relationship. Support Membership is currently £36 per year/or £3 a month by direct debit.

[www.anorexiabulimiare.org.uk/uploads/pdfs/ABC\\_SupportMembership\\_Interactive.pdf](http://www.anorexiabulimiare.org.uk/uploads/pdfs/ABC_SupportMembership_Interactive.pdf)

**E-mail:** Natalie Rigg - Befriending Coordinator, [befriending@anorexiabulimiare.org.uk](mailto:befriending@anorexiabulimiare.org.uk)

**Website:** [www.anorexiabulimiare.org.uk/help-for-you/befriending](http://www.anorexiabulimiare.org.uk/help-for-you/befriending)

## Local Support Groups - Bristol, Bath & Somerset

### Bath Eating Disorder Support Group

Fortnightly peer support group via Zoom (free video chat service), facilitated by Focus Counselling for people with any form of eating disorder. The group takes a pro-recovery approach and aims to provide emotional and practical support in a safe and confidential environment. The group is run fortnightly on a Thursday evening.

**Email:** [office@focusbath.com](mailto:office@focusbath.com)    **Website:** [www.focusbath.com/groups](http://www.focusbath.com/groups)

### Bristol Eating Disorder Peer Support Group

Fortnightly peer support group, every other Tuesday evening at 7:30pm, via Zoom. We hope to resume face-to-face meetings in the near future. The group hopes to provide you with an opportunity to meet other people who may be in a similar situation to yourself and to give you a chance to share experiences or just to listen to others.

- The 2<sup>nd</sup> Tuesday of the month for people with eating disorders (aged 18 and over) and family members and/or supporters.
- The 4<sup>th</sup> Tuesday of the month for people with eating disorders only (aged 18 and over).

**Dates of upcoming meetings:** [bristoledsupportgroup.weebly.com/meetings.html](http://bristoledsupportgroup.weebly.com/meetings.html)

**E-mail:** [bristoledgroup@yahoo.com](mailto:bristoledgroup@yahoo.com)

### Food Addicts in Recovery Anonymous

Based on the 12-step programme of Alcoholics Anonymous, a fellowship of people who have experienced difficulties in life as a result of their relationship with food and eating.

**Website:** [www.foodaddicts.org/find-meeting](http://www.foodaddicts.org/find-meeting)

### Somerset & Wessex Eating Disorder Association (SWEDA) Eating Disorder Peer Support Group

Weekly online self help group for those affected by eating disorders, Wednesdays 7:00-8:00pm. The group is open to anyone who has or has had an eating disorder, thinks they may have an eating disorder, has a 'difficult' relationship with food or their body, or supports a person with an eating disorder.

**Phone:** 01749 343 344    **Email:** [support@swedauk.org](mailto:support@swedauk.org)    **Website:** [www.swedauk.org](http://www.swedauk.org)





## Coping with an eating disorder during Coronavirus

### Useful Links

Coping with an eating disorder during Coronavirus

[www.anorexiabulimiare.org.uk/uploads/pdfs/AnorexiaBulimiaCareCopingduringCoronavirusFINAL.pdf](http://www.anorexiabulimiare.org.uk/uploads/pdfs/AnorexiaBulimiaCareCopingduringCoronavirusFINAL.pdf)

Eating disorders and Coronavirus

[www.beateatingdisorders.org.uk/coronavirus](http://www.beateatingdisorders.org.uk/coronavirus)

Coping with Coronavirus when you have an eating disorder

[www.swedauk.org/uploads/files/Coping%20with%20Coronavirus%20when%20you%20have%20an%20eating%20disorder\[1\].pdf](http://www.swedauk.org/uploads/files/Coping%20with%20Coronavirus%20when%20you%20have%20an%20eating%20disorder[1].pdf)

Coronavirus and eating disorders - helping you navigate the challenge

[seedeatingdisorders.org.uk/page/coronavirus-and-eating-disorders](http://seedeatingdisorders.org.uk/page/coronavirus-and-eating-disorders)

Coronavirus and eating disorders - managing family life

This booklet is devised to help parents and carers navigate the pandemic, offering useful tips, tactics and suggestions.

[wednesdayschild.co.uk/pages/coronavirus-and-eating-disorders-family-life](http://wednesdayschild.co.uk/pages/coronavirus-and-eating-disorders-family-life)

COVID-19: help and advice (LGBT community)

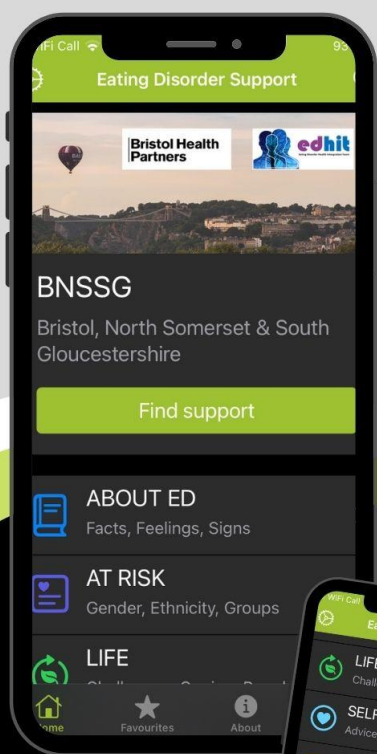
[www.stonewall.org.uk/help-advice/covid-19-help-and-advice](http://www.stonewall.org.uk/help-advice/covid-19-help-and-advice)



# Eating Disorder Support App

DOWNLOAD THE NEW

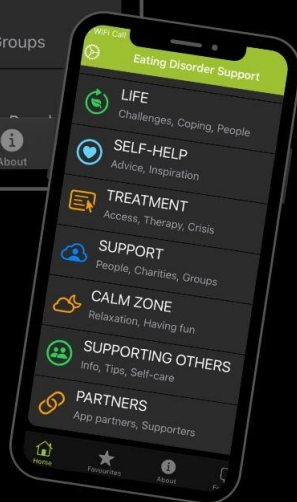
# EATING DISORDER SUPPORT APP



The Eating Disorder Support App enables people with disordered eating and eating disorders, and people close to them, to find useful information, self-care tips and links to support.



**Free download**  
[www.expertselfcare.com/eating-disorder-support-app](http://www.expertselfcare.com/eating-disorder-support-app)



“The eating disorder support app is so amazing. There is so much information, coping strategies, advice for tackling lots of situations and so much information in one place, and it's so well presented and easily accessible. It has a wealth of information in one place that covers so many recovery tools, wellbeing tools, ideas for practical things to make and have to ride the wave, and also help for carers/relatives. It's clear a lot of thought and expertise has gone into it. I feel it's unique and it is a one-stop-shop for so much information and support”.

**Eating Disorder Service User**

“This app is extremely useful either as a person with an ED or for anyone wishing to learn how to best support someone with an ED. It is packed full of useful information, easy to navigate and accessible. As a teacher I would say it is an excellent resource for supporting young people and helping to identify early signs. So useful to have so much information all in one place”.

**H.T., Teacher**

For further information, email [knut.schroeder@expertselfcare.com](mailto:knut.schroeder@expertselfcare.com)

Developed in collaboration between the Bristol Health Partners Eating Disorders Health Information Team (EDHIT) and Expert Self Care, and co-produced with public contributors, topic experts, charities and other partners

[www.expertselfcare.com/eating-disorder-support-app](http://www.expertselfcare.com/eating-disorder-support-app)

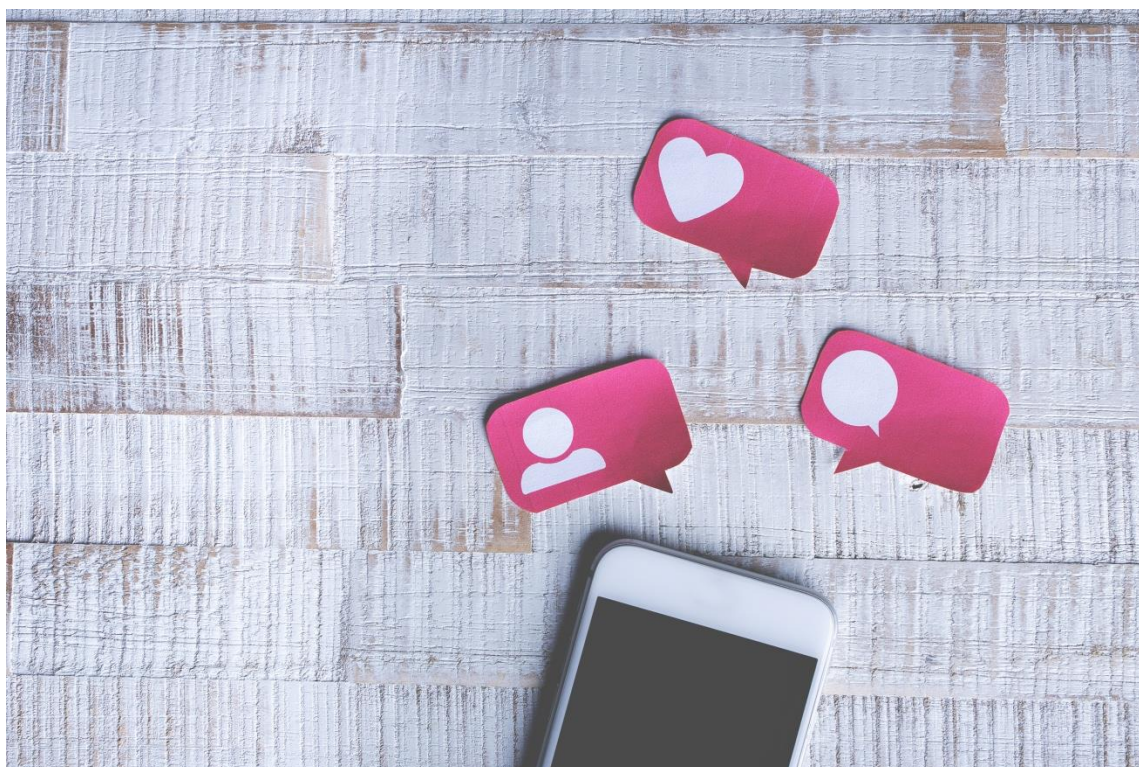
## Helplines

### Concerned about the mental health of yourself or a loved one?

These helplines can offer expert information and advice.

<b>Alcoholics Anonymous</b>	0800 917 7650
<b>Autism</b> (National Autistic Society)	0808 800 4104
<b>CALM</b> (men aged 15-35)	0800 585 858
<b>Childline</b> (under 19s)	0800 1111
<b>FRANK</b> (national drugs helpline)	0300 123 6600
<b>Mind Infoline</b>	0300 123 3393 or text 86463
<b>Mindline Trans+</b> (trans, non-binary support)	0300 330 5468
<b>Nilaari</b> (BAME)	0117 952 5742
<b>National Domestic Abuse Helpline</b>	0808 200 0247
<b>NHS 111</b> (non-emergency medical help)	111
<b>No Panic</b> (panic attacks, OCD and phobias)	0844 967 4848
<b>OCD UK</b>	0333 212 7890
<b>Papyrus Hopeline</b> (under 35)	0800 068 4141
<b>Rape Crisis</b>	0808 802 9999
<b>Self Injury Helpline</b>	0808 800 8088
<b>Silver Line</b> (older people)	0800 470 8090
<b>Stand Against Racism &amp; Equality (SARI)</b>	0117 942 0060
<b>Stonewall</b> (LGBT+)	0800 0502020
<b>Switchboard</b> (LGBT+)	0300 330 0630
<b>Victim Support</b>	0808 168 9111
<b>Womankind Bristol</b> (distress, domestic abuse)	01179 166 461

## Crisis Support



**Life threatening medical emergency** - call **999**

**Samaritans** - Provides emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.

Call the free helpline 116 123 or e-mail [jo@samaritans.org](mailto:jo@samaritans.org).

**Shout text service** - Confidential 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. Just text 85258. It's a place to go if you're struggling to cope and you need immediate help.

Adults	Text ' <b>SHOUT</b> '
Young people	Text ' <b>YM</b> '
Deaf community	Text ' <b>DEAF</b> '
LGBTQ+	Text ' <b>SWITCHBOARD</b> '

to **85258**

**Website:** [www.crisistextline.uk](http://www.crisistextline.uk)

## Notes

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*Disclaimer - EDHIT is not responsible for the content of external sites.*

**Bristol Health  
Partners**

  
Avon and Wiltshire  
Mental Health Partnership  
NHS Trust

This guide brings together signposting resources and was co-produced by EDHIT Patient and Public Involvement (PPI) team, in collaboration with contributing partners.

If you have any feedback or comments regarding this guide, please get in touch with us at [helloedhit@gmail.com](mailto:helloedhit@gmail.com)

**The Eating Disorders Health Integration Team** is a team of people with lived experience of eating disorders, psychologists, academics, commissioners, care and support providers and other experts, working together to improve the lives of people with eating disorders in Bristol.

[www.bristolhealthpartners.org.uk/health-integration-teams/eating-disorders](http://www.bristolhealthpartners.org.uk/health-integration-teams/eating-disorders)

 @BristolHealthP